

Ben Brown, Versatile Elite Nova Scotian Para-athlete

Even those familiar with competitive track and field may find the versatility of Nova Scotia's Ben Brown a bit stunning. They would find his workout regime, and competition schedule for 2017 even more so.

Ben Brown will be one of the premiere athletes at the 2017 Aileen Meagher International Track Classic, Saturday, June 10th, at Huskies Stadium, in Halifax.

Competing as a sprinter in 2016 Brown won his first national title in the T53 100 metres, narrowly missing qualification for the Rio Olympics by .15 seconds. He took silver in the T34/51/52/53 200m, and bronze in T53 400m. His Para Athletics World Rankings from 2016 were 19th in T53 100m, 9th in T53 200m, and 31st in T53 400m.

Then on October 28th in Oita, Japan, Brown raced his first marathon. Imagine sprinters Usain Bolt or Andre De Grasse attempting that range of events! He finished in 1 hour 56 minutes and 10 seconds, for 29th in an international field of 44.

This past winter in a showing of a mid-range versatility as well as 100 m and marathon prowess, he brought his own Nova Scotia indoor 600m record down to 1:33.87.

His daily training grind in Nova Scotia this winter was supplemented by training in March in Warm Springs, Georgia. That was followed by a 12 day national team training camp in Daytona Beach, which preceded a competition there in early April.

For the months of May and June his competition schedule reads

- Desert Challenge Games May 12th and 13th in Mesa, Arizona
- Daniela Jutzeler in Arbon, Switzerland May 25th
- Swiss Nationals in Arbon, May 27th and 28th
- Swiss PC Grandprix in Nottwil, Switzerland June 2nd, 3rd, and 5th
- Aileen Meagher International Track Classic, Halifax Nova Scotia, June 10th

Those competitions will form part of Brown's preparation for the Canadian national championships July 3rd and 4th in Ottawa, where he hopes to be selected for the world championships being held July 13th to 23rd in London.

He then anticipates to further his competitive season at the Canada Games in Winnipeg the first week of August.

The dedication and durability required to compete at Ben Brown's international level is a challenge few could ever master. To witness the result of his dedication plan to attend the Aileen Meagher International Track Classic at Huskies Stadium in Halifax on June 10th.